

Gup 11 Testing Requirements

Terms

Tae kwon do- the way of the foot and the fist

Sugo ha sa hamnida- thank you for the lesson

Sheu- relax

Stances and movement

Cheriot- attention

Kyung-ney- bow to show respect (say taekwon when bowing)

Choonbi- ready stance

Kima sogi- horse stance

Ahp sogi- front stance

Twi sogi- back stance

Kyorugi sogi- sparring stance

Step drag movement in sparring stance

Technical get up

Blocks

Hadan makki (low block), contact point- outer forearm

Sangdang makki (high block), contact point- outer forearm

An p'alnok makki (inner forearm block), contact point- inner forearm

Kyo cha makki (x-block), contact point- inner forearm

Hand Attacks

Changgwon (Palm fist), contact point- heel of the hand

Chon gwon (Straight fist), contact point- first two knuckle

Back elbow strike with punches

Yugwon (hammerfist), contact point- base of the hand

Understand power and jab hand

Kicks

Ahp chagi- Front kick (ball of the foot contact point)

Power and jam leg

Slap round kick

Self Defense

Wrist grab escape (thumb slip variation)

Wrist grab escape (snake twist out)

BJJ Techniques

Trap and roll escape from mount

Forms

Chun-i: basic understanding

Meaning- The creation of Heaven and earth